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October 2009

Remembering the victims, heroes of 9/11 **Marc McCormick**

El Morro

Each year on September 11th, the nation remembers the events that changed our country forever. Brought home to America, the resulting 3,000 plus deaths touched not only the United States but also many other countries whose citizens

Innocent people, in the Twin Towers in New York City, at the Pentagon and at Shanksville, Pa., were the victims of an coordinated attack by Al-Qaeda. The total number of deaths may never be known.

What is known is the number of first responders who died in the attempt to rescue as many people as possible. Some New York City fire station personnel were almost totally eliminated. Also, hundreds of New York City policemen also responded and lost dozens of officers in the rescue attempt. More Page 9



Officers of the Fort Buchanan Department of Emergency Services' Fire and Police departments stand honor guard during the garrison's 9/11 Remeberance ceremony.

McHugh 21st Secretary of the Army

Army News Service

WASHINGTON — John McHugh was sworn in as the 21st Secretary of the Army today following his nomination by President Barack Obama and confirmation by the U.S. Senate.

As Secretary of the Army, McHugh has statutory responsibility for all matters relating to the U.S. Army: manpower, personnel, reserve affairs, installations, environmental issues, weapons systems and equipment acquisition, communications, and financial management.

McHugh is now responsible for the Department of the Army's annual budget and supplemental of over \$200 billion. He leads a work force of more than 1.1 million active duty, Army National Guard, and Army Reserve Soldiers, 221,000 Department of the Army Civilian employees, and 213,000 contracted service personnel. Also, he provides stewardship over 14 million acres of land.

Also sworn in at the Pentagon ceremony was Dr. Joseph Westphal who assumed duties as the 30th Undersecretary of the Army. Westphal has served in distinguished positions within academia, private, and public service, including a brief tour in 2001 as Acting Secretary of the Army. He served as the Assistant Secretary of the Army for Čivil Works from 1998 to 2001.

McHugh has served over 16 years as a member of

Congress representing northern and central New York. During his service, he forged strong ties to Fort Drum and earned a reputation as a staunch advocate for Soldiers and their families, working tirelessly to ensure they had proper facilities, training, and the quality of life necessary to carry out wartime missions while caring for those at home.

Over the last eight years, McHugh made 10 official visits to Iraq and four visits to Afghanistan and other deployed locations to visit U.S. forces

During his nomination hearing before the Senate Armed Services Committee July 30, McHugh said that he was excited, humbled, and honored at this new opportunity to serve, but also that he understood the challenges facing the Army.

"They are strained by the frequency of constant deployments and stress by the pressures levied against their families," he said. "Too often - far too often - they return home to only to be disappointed by a network of support See Army



Sec. of the Army John McHugh



Marc McCormick

Caio bella...

Dr. Carmen Arroyo is presented with a Commander's Achievement for Civilian Service and a Commander's Coin by Col. Edwin C. Domingo during a farewell event held Sept. 17, 2009 at Antilles High School. Family, friends, teachers and administrators gathered together to demonstrate their love and

friendship for her.
"An educator by heart and an administra-tor by choice, she is the epitome of a successful woman,"Domingo said.

Dr. Arroyo has taken an assignment in Vicenza, Italy and will transfer there soon. More Pg. 8

FROM THE COMMANDER:

The Fort Buchanan Mission —
Enable customers to succeed by providing sustainable Base
Support and excellent services.



Col. Edwin C. Domingo Garrison Commander

October 2009 — Focuses on Army Famílies

October begins a month of personal reflection as well as looking once again to our safety. The first part of the month is dedicated to Fire Prevention. Each year, the Fort Buchanan Fire Department observes the week, but, they observe fire safety every day of the year. Fire Prevention Week is a time of public education – bringing the message directly into the offices, schools and homes of the Garrison. It is important that everyone learns the basic rules of fire prevention and personal safety during a fire. We are fortunate at Fort Buchanan to have the fire prevention team we do. So far, blessedly, there hasn't been a major fire incident on post. That's a record we would like to keep but it takes involvement by everyone to create clean, debris free homes and work spaces. Fires require fuel to stay burning. Don't provide a cluttered workplace or living environment that can contribute to a fire's growth. You are the front line in fire prevention.

In October each year, we also take a look at another issue dealing with home life – Domestic

Violence Prevention. This year we will march from the Welcome Center to the headquarters building in support of the prevention program. It should be obvious that we are against domestic violence. As part of my command philosophy and intent, I will not tolerate violence in the work center or in the housing on the garrison. It is the responsibility of every adult, in the Army and out, who live, work and visit the garrison to ensure they live up to their duty to their fellow workers and spouses. Violence toward a loved one belies that expression and leaves broken hopes and dreams, many of which can't be repaired, strewn all around. Children are shocked and traumatized; spouses are devastated; relatives are left bewildered and extended families destroyed. The Army recognizes the stress the current op tempo causes and it is addressing the causes, one of which occurred the weekend of Sept. 26th

That weekend, the Fort Buchanan Religious Support Office hosted a Marriage Enrichment Program at the Gran Melia Resort. There, more than twenty couples and families attended a series of weekend events designed to strengthen the bonds of marriage, talk out and through family issues and reintegrate Soldiers returning from deployment into their family lives. Husband and spouses had time and space to air their concerns and feelings. And then, Saturday night, each couple was able to renew their marriage vows in testament to the love they all bring to their families.

Throughout the weekend the Army was present, the silent member affecting all the families

It was the Army that realized the necessity to address the families who support our Soldiers and through the Strong Bonds program events such as the Marriage Enrichment program has become an integral part of that effort.

Supporting families is what the Army is about.

Whether it's fire prevention education, marriage enrichment workshops or preventing domestic violence, support the people who support the Soldiers – the Army families.

If there is any one message you can take from this month's activities, it is this everyone counts. Everyone's safety and health and contribution counts. Recently, Rear Admiral Garland Wright, Deputy Commander, Naval Reserve Force, said at the Navy Operational Support Center Puerto Rico Change of Command, "You can ask anyone to do anything as long as they know their families are being taken care of back home.

I would like to wish Lt. Cdr. Robert Pritchard a warm farewell and thanks for the work he performed during his tenure here at Fort Buchanan and welcome the new commanding officer of the NSO Lt. Cdr. Melanie Kreckovsky.

I would also like to remind everyone that in October we also celebrate Hispanic heritage.

We will have an event at the Community Club and the guest speaker will be Col.(P) Fernando Fernandez, commanding officer, 1st Mission Support Command.

aus J. Lue Arms

CSM David Davis Fort Buchanan Command Sgt. Maj.

For any Soldier – officer and enlisted alike – I can't emphasize enough the importance of completing your military training (NCOES

Maintaining Army standards — pursuing the path of success

and OES) early in the Army fiscal year to ensure your training will be funded, as well as remaining competitive for future promotion boards. The fiscal year begins now so get with your Training NCO and schedule your classes. I also want to talk about your family – namely your kids – who are graduating in June 2010.

I read once that unless your child is 7-foot-3 and has an amazing jump shot, people will not show up at your doorstep offering to pay for his or her college education. If you want financial assistance you have to ask for it. And the first step in that process is filling out the Free Application for Federal Student Aid or FAFSA at Web site www.fafsa.ed.gov. The best

thing about filing online is the application process is faster and you'll immediately be notified of errors, such as skipping a line. With the paper application, if you make a mistake it could take weeks to be notified of the error which may result in missing a deadline.

Amazingly, only about half of undergraduates fill out the application. Money is available; you just have to take the time. If your child starts college next fall, it's worth the effort regardless of your income. For federal aid, your best bet is to submit your application as early as possible, but no earlier than January 1, 2010. For state or college aid, the deadlines may vary so make sure you check with each respective school. Also, each

school may require you to complete additional forms. A great source of additional information can be found at the Education Center or at Web site www.collegeboard.com and www.collegeanswer.com. Good luck!

In another matter, many units will soon be conducting Class A In-Ranks inspections. I was asked recently about the wear and appearance of Army uniforms, specifically the placement of unit awards. Army Regulation 600-8-22, Military Awards, is the proponent should you have additional questions.

Did you know that if you are assigned to a unit that has been awarded a "UNIT" citation you are authorized to wear the award? That's correct, you can wear it, but only during the

period you're assigned. Unless, of course, the unit receives another unit award while you're assigned to them, then you will forever be authorized to wear that award, but not the others. It's called permanent and temporary authority to wear. For example, the 3rd Medical Command has been award two Meritorious Unit Citations. As such, everyone in the unit is authorized to wear at least the Meritorious Unit Citation with one oak leaf cluster. If you're still not sure, read the following - Army Regulation 600-8-22: Unit award emblems:

a. An individual unit award emblem is authorized for wear on the uniform for the Presidential Unit Citation, Joint Meritori-

See CSM — Page 17



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<u>Deputy Commander</u> Lt. Col. Gerald Savage

Command Sergeant Major CSM David Davis

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U.S. Army Garrison, Fort Buchanan.

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Buchanan RSO hosts Marriage Enrichment Program for Soldiers

Marc McCormick

The Fort Buchanan Religious Support Office hosted a Strong Bonds Family Enrichment Conference activity the weekend of Sep. 25-27 at the Gran Melia Resort in Rio Grande, Puerto Rico.

More than twenty couples attended the event taking part in seminars such as "We Are in This Together," "Why Do I Feel This Way," "My Sources of Power," and others.

For Luis Muñoz-Maldonado and Luz E. Velazquez-Tomassini this was the first time they had ever attended an event of this nature.

"It is a very great and useful event," Maldonado said. "It's motivational and what I learn here I will take back to my family and apply it to my three sons. It will make us better parents."

Luis and Luz have been married for 36 years; he has been in the Army for 32 years. "It is long overdue," he said, referring to the program. "The chaplain did a great job," they both said.

"The chaplain did a great job," they both said. It was Chap. (Lt. Col.) Ken Lawson, Installation Chaplain, Chap. (Capt.) Eric Milleti, Master Sgt.. Jose Canales and Spc. Tiffany Roman who put together the program. "The Army is doing just great," Luz said

The Moca, Puerto Rico natives have one son in the Navy. "Jorge has been in the Navy for 14 years," his father said, "but soon he will be doing a lateral transfer to the Army. He decided the Army can give him better opportunities." The oldest son will soon join the Border Patrol.

The seminars have made a huge impact on the couple, "They are so well presented and directed," they both said. "It really helps us strengthen our bonds."

Reinaldo and Rosita Aponte have been married 31 years. He is currently in the CBWTU program – "AW2 is a great program. The people are very professional and attentive. If I need anything we only have to call and sometimes they even call us ahead of time."

Taking part in the Family Enrichment program also coincided with their anniversary. "It is so much better than the old days," Aponte said. "They teach us to use this kind of program to know more about our family and children. It is something for us to learn – more about family relationships between mother, father and child and how to communicate with children today."

"The program also helps teach the ladies so they learn to do things the husband would do, like finances, the lawn and other things. They learn to do a father's job," he said. "The separation for so long makes the separation difficult for some marriages," he said

Strong Bonds and the Marriage Enrichment Pro-



Reinaldo and Rosita Aponte have been married 31 years. They both agreeded that this program has been needed for a long time and encourage Soldiers and their families to take advantage of any Strong Bonds program.



Photos Marc McCormick Luis Muñoz-Maldonado and Luz E. Valasquez attended the Marriage Enrichment Program sponsored by the Fort Buchanan Religious Support Office on Sept. 26, 2009.

gram had a different perspective for Chap. (Capt.) Abimael Rodriguez and Staff Sgt. Jose A. Castro. Both are pastors in the community but also serve in the Reserves. They see the issues of families and separation through both lenses.

"It is a much needed program," Castro said.

"The material contained in the program is stuff we developed in our pastoral work," Rodriguez said. "It was with the feedback from the Soldiers and the chaplains. The program (Strong Bonds) is based on the needs of the Soldiers and their families."

Rodriguez was quick to point out, "The program allows us to prepare families for the next mission and the reconstitution – when the Soldier returns."

Rodriguez is an expert on three sides of the issue. First, he is a civilian pastor. Second, he is an Army chaplain and third, he has had to seek help himself. He can provide an inside-out look in explaining what Soldiers go through. Since learning from his experience, he brings an empathy to what other Soldiers and their families experience.

"This Family Enrichment program was the first in the Reserves," Rodriguez said. At the last conference I attended in St. Louis, everyone was talking about expanding the curriculum. The feedback from the Soldiers says it is wonderful."

Rodriguez indicated there may be another enrichment program in November just for the spouses.

Each day of the program provided not only information and workshops but also break times. Families were able to spend time enjoying the elegant atmosphere and the ocean. Also, the children were provided with activities so parents had a little alone time.



The Strong Bonds Team — Front row left to right, 1st Lt. Yomara Rivera, Staff Sgt. Jose Castro, Chap. (Capt.) Abimiel Rodriguez, Master Sgt. Jose Canales, Chap. (Capt.) Eric Miletti. Back row, Spc. Tiffany Roman, Chap. (Lt. Col.) Ken Lawson.

Fort Buchanan chaplains conduct first ever Strong Bonds event for garrison Wounded Warriors

Ft. Buchanan Religious Support Office

Like many other Army installations, Fort Buchanan is privileged to have a Community Based Warrior Transition Unit. Since this unit does not have a designated chaplain, their chaplain needs are met by the Garrison Chaplain's Office.

In 2008, Garrison Chap. (Lt. Col.) Ken Lawson created a one-day conference for the Wounded Warriors. This was an event at which these soldiers received training in stress management, crisis intervention, suicide prevention, all with an emphasis on the critical role of God, faith and prayer; But in 2009 Chaplain Lawson wanted to do more.

The Religious Support Office at Fort Buchanan began to discuss the possibility of hosting a Strong Bonds weekend exclusively for Wounded Warriors. This had never been done before. Chap. Lawson contacted the Strong Bonds project officer at the U.S. Army Reserve Command near Atlanta, Chap. (Col.) Mack Griffith. Chap. Griffith said he would fully fund the event. With the approval of the Garrison Commander, Col. Edwin C. Domingo, the RSO began to plan this unique event.

Strong Bonds is fully funded and Chaplain led under the direction of the local commander. Soldiers and their families attend a retreat at a nice location at no cost to the Soldier. During the retreat, Soldiers and families participate in interactive lectures and in small group activities that reveal common bonds and nurture friendships. This develops spousal support at home, which is vitally important while the Soldier is away. Since the Strong Bonds is chaplain led, the critical role of God, faith and spiritual hope are always emphasized.

With Strong Bonds, participants not only connect with their loved ones. They bond with other Army families, chaplains and the Army community as a whole. In turn, our Soldiers realize that they are not in this alone. They have an entire Army of support, both on duty and off. The program is committed to the restoration and preservation of Army families, even those near or in crisis. The program is initiated and led by the Army Chaplains. More than 90 percent of those who have attended the program rate it positively.

Military life places extreme hardship on relationships, especially in wartime, so the Army, backed by Congress, has committed unprecedented resources to help Soldiers build stronger family relationships through the Strong Bonds Program.

After getting the approval of his Commander to proceed, Chap. Lawson then approached the CBWTU Commander, Lt. Col. Marivel Velasquez with the idea of a Strong Bonds weekend for her Soldiers. She enthusiastically supported the idea and assigned 1st lt. Yomaris Rivera as her project officer.

Chap. Lawson then assigned his NCOIC, Master Sgt. Jose Canales, and Chap. (Capt.) Eric Miletti, to work the specific details with Lieutenant Rivera and pull the project together. The 1st Mission Support Command chaplain's office on Puerto Rico generously lent two instructors for the event, Chap. (Capt.) Abimiel Rodriguez and Chaplain Assistant Staff Sgt. Jose Castro. Spc. Tiffany Roman of the Fort Buchanan RSO completed the Strong Bonds team for this event.

Chap. Lawson and his staff designed the Strong Bonds event for their specific audience. Since the target audience was Wounded Warriors, some adaption of the traditional Strong Bonds program was necessary. For example, all lectures were specifically interactive with the audience and were shorter in length. Also, all lectures were in Spanish, as many family members are not fluent in English. In addition, Lawson told the instructors not to be upset if people need to get up and walk around, since many of them have physical injuries and prolonged sitting can be painful. And some would need to get a drink of water to help swallow their medication.

Chap. Lawson instructed the lecturers, "Use the Strong Bonds curriculum as a basis. And remember, we are chaplains. The people expect to hear about God from us. Talk about God, faith, prayer, and spiritual hope that comes from the Lord."

The Sept. 25-27, 2009 weekend event was held at the Grand Melia Hotel in Rio Grande, Puerto Rico. The weekend began with registration, an excellent evening meal and a sacred concert given by the Puerto Rico Baptist College. Free time was built into the program to allow families to spend quality time together. Separate child care was provided to allow couples to focus on the training. Saturday was a combination of lectures, workshops, terrific food and free time for families to enjoy the hotel facilities.

On Saturday evening there was a special marriage rededication service. The couples walked down a center isle with their children and

See Bonds — Page 17



Kreckovsky assumes command of Navy Operational Support Center PR

Marc McCormick El Morro

On Sept. 26, 2009 at Old San Juan's San Cristobal Fortress, Lt. Cdr. Melanie Kreckovsky assumed command of the Navy Operational Support Center Puerto Rico from Lt. Cdr. Robert J. Pritchard.

Presiding over the ceremony was Rear Admiral Garland Wright, Deputy Commander, Navy Reserve Force

"I have known both Commanders Pritchard and Kreckovsky since they worked with me in the Pentagon. They are both outstanding officers," the Admiral said

"When I was preparing my remarks," Commander Pritchard said, 'Sir, don't talk about me. I would like you to focus on the Navy Reserve and those who support the War on Terror.""

"We have become a more unified Navy," Wright said. "More than 124,000 recalled with more than 700,000 Guardsmen and Reservists on duty. They are incredible and desirable," he said. "More than 5,063 Navy reservists are serving in every capacity including reconstruction teams."

The admiral noted the accomplishments of Commander Pritchard in maintaining the Navy Support Center and bringing it in-line to a high state of readiness, a task that Commander Kreckovsky will continue

The Admiral also addressed the contributions of the Navy Reserve families in saying, "You can ask anyone to do anything as long as they know their families are being taken care of back home. I want to thank every family who shares in their sacrifice." The Admiral also praised Puerto Rico when he

The Admiral also praised Puerto Rico when he said, "I hope more future leaders come from Puerto Rico. And, for those of you who are serving, ...those who step forward in times of stress...they never have to question themselves. Leadership is not just a duty, an assign, a job – it is a privilege and a honor. Leadership is a choice."

Commander Pritchard goes on to an assignment in Naval Aviation Jacksonville, Florida.

Commander Kreckovsky was the Chief of Staff, Navy Region South West Reserve Component Com-





Photos Marc McCormick Rear Admiral Garland Wright, Deputy Commander, Navy Reserve Force, congratulated Lt. Cdr. Melanie Kreckovsky on her assuming command of the Navy Operational Support Center Puerto Rico Sept. 26, 2009.

mand. She managed more than 45 staff and 12,000 Reservists prior to taking command of the Navy Operational Support Center Puerto Rico.

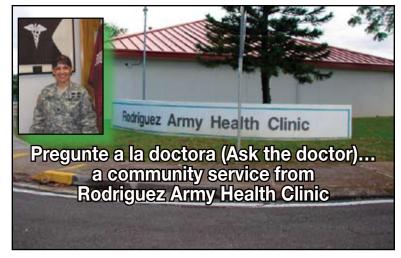
The Miami native joined the service in 1986, attending Officer Candidate School in Newport, Rhode Island.



(Left) Lt. Cdr. Robert Pritchard (left), outgoing commander of the NSO; Civilian Aide to the Secretary of the Army Maj. Gen. (Ret.) Felix Santoni and new commanding officer of the Navy Operational Support Center Puerto Rico, Lt. Cdr. Melanie Kreckovsky met prior to the Change of Command ceremony Sept. 26, 2009 at Old San Juan's San Cristobal Fortress. (Right) The ceremonial side boys, a Naval tradition when officers embark on a ship, gather around Rear Admiral Garland Wright. On the far right, a Sailor is dressed as an 19th Century Coxswain who would pipe the Admiral aboard.

Army energy strategy...

- Eliminate energy waste in existing facilities.
- Eliminate and reduce energy inefficiencies
- Increase energy efficiency in construction, renovations.
- Increase the use of energy technologies that provide the greatest cost-effectiveness.
- Reduce dependence on fossil fuels.
- Increase the use of clean, renewable energy to reduce dependency on fossil fuels.
- · Conserve water resources.
- Reduce water use to conserve water resources for drinking and domestic purposes.
- Improve energy security.
- Provide for the security and reliability of energy and water systems.
- It provides for developing initiatives, approaches and funding strategies to meet the Army needs.



Who gets the H1N1 vaccine?

Col. Virginia D. Yates Commander Rodriguez Army Health Clinic

Ques. — Will the Fort Buchanan clinic have the H1N1 flu vaccine?

Ans. — Yes, we expect doses designated by the Army for Active Duty Soldiers to arrive in late October or early November.

Ques. — How does a person who is not an active duty Soldier get the H1N1 vaccine?

Ans. — Doses not designated for the military are being handled separately.

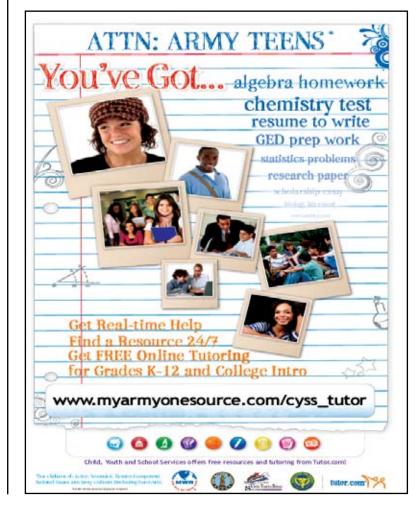
Public Health Departments for the states and territories are expected to manage their allocation of H1N1 vaccine.

Since our clinic only provides medical care to Active Duty Soldiers, we will not be receiving any of those doses and will not be immunizing family members and retirees. Those patients will get their H1N1 through their Primary Care Manager's, the Puerto Rico vaccine centers or the Puerto Rico Health Department, depending on which sites the Puerto Rico Health Department has planned to receive

Ques. — Who should get the H1N1 vaccine?

Ans. — Active duty soldiers must receive the H1N1 vaccine.

For all others, target groups include pregnant women, people who live with or care for children younger than 6 months of age, health care and emergency medical services personnel, persons between the ages of 6 months and 24 years old, and people ages of 25 through 64 years of age who are at higher risk for 2009 H1N1 because of chronic health disorders or compromised immune systems.



Sentinel of the Caribbean



OSA Survey provides insight into Fort Buchanan operations





Morales Ft. Buchanan PAIO

Luis Cruz-

Last May, Fort Buchanan conducted the IMCOM Organizational Self-Assessment to identify areas the Garrison is doing well and those

that need improvement. The Fort Buchanan Commanding Officer Col. Edwin C. Domingo, in an email to the workforce, requested the feedback from the workforce and the garrison senior leaders.

"We had good participation during the OSA", said Domingo. "It was an opportunity to get feedback from the workforce on how they perceive the organization as a whole and to identify areas that need improvement. The workforce responded and gave us their honest opinion and many recommendations of what they would like to see."

The OSA survey has six categories —

1. **Leadership** — How upper manage-

- ment leads the organization, and how the organization leads within the community.
- 2. **Strategic Planning** How the organization establishes and plans to implement strategic directions.
- 3. Customer and Market Focus How the organization builds and maintains strong, lasting relationships with customers.
- 4. Measurement, Analysis, and Knowledge Management How the organization uses data to support key processes and manage performance.
- 5. **Human Resource Focus** How the organization empowers and involves its workforce.

6. **Process Management** — How the organization designs, manages and improves key processes.

These categories are derived directly from the Baldrige Criteria for Performance Excellence which are the core values shared by top performing organiza-

The Army has adopted the Baldrige Criteria for the Army Communities of Excellence program. The ACOE recognizes the achievements in performance within the Army. Such achievements serve as models for Army organizations to approach change, deliver more value to customers, promote best management techniques, and encourage sharing of lessons learned. The OSA survey is the means by which the Garrison can obtain feedback from the workforce on how well they are performing and from there on, work on initiatives to improve.

Domingo stated that there were various opinions, strong areas and weaknesses identified through the OSA that will require that we work as a team, employees and leaders

Some of the areas that the workforce asked to improve were — communication, training opportunities, employee participation, and performance recognition.

It was also evident that the Installation Strategic Plan needs review; this process requires workforce engagement.

The changes and implementation of new initiatives will take some time and effort from all. "I am excited about this process and convinced that it will help us become a better performing and more efficient organization, enabling us to provide better support to our Soldiers, Tenants, Families, and Employees," Domingo said. PAIO will deploy the 2009 OSA results

directly to Fort Buchanan directorates via the "Road Show." The Road Show provides general information on each OSA Survey category and results for directors and division chiefs. To schedule a 2009 OSA result briefing in your directorate contact Luis A. Cruz-Morales at 707-3764 or via email to luis.a.cruz1@us.army.mil.

'Real Warriors' take on mental health issues for Soldiers, families

El Morro Staff

The Defense Centers for Excellence for Psychological Health and Traumatic Brain Injury has launched the Real

Warriors Campaign. With the slogan, "Real Warriors, Real Battles, Real Strength," the campaign strives to eliminate the stigma associated with seeking psychological health treatment and to encourage servicemembers and their families to seek information

and resources for psychological health. Real Warriors partner organizations have played a major role in reaching out to and supporting our service members. We would like to thank you for your organization's collaboration and provide an update on what we've accomplished so far, as well as our plans for the next few months.

Linking to the Real Warriors Campaign is easy! Your organization can further help servicemembers, their family and friends We have already added one new feature to the Real Warriors Web site, and will continue to add additional resources that are especially relevant to our partners over the next few months, including

• Partner Spotlight features highlights access a variety of information for those dealing with post-deployment challenges by linking your Web site to Real Warriors.

Since the Real Warriors Campaign launch, we've been working hard to spread important messages about psychological health and to highlight the valuable resources available to service members, veterans, military families and health professionals, and our partners have been instrumental in this effort. Over the past three months, the campaign has successfully reached millions of people around the world!

Links and graphics can be found online at Web Site http://www.realwarriors. net/linktous.

Reaching out makes a REAL DIFFERENCE To be featured in the Partnership Spotlight, send a brief description of 60 words or less to realwarriors.partners@tma.osd. mil. We encourage you to send high-resolution pictures or graphics to include in

the Spotlight as well. • Real Warriors Partnership Newsletter Look for the Real Warriors Partnership Newsletter this fall. Our quarterly e-newsletter will provide up-to-date information about the campaign and the outstanding work of our partner organizations

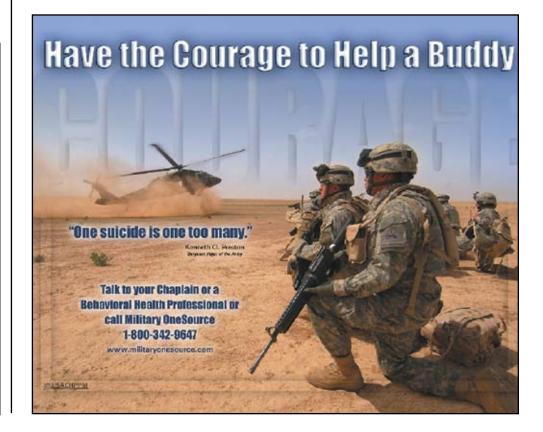
 Real Warriors Campaign Toolkit We are listening to our partners! In response to your requests, we are developing a Real Warriors Campaign Toolkit, soon to be available online with downloadable campaign materials and a briefing on how best to apply the materials to trainings, speaking engagements and events. Tell us what campaign materials your organization needs for use in trainings, presentations and special events by e-mailing realwarriors.partners@tma. osd.mil.

Thank you for your support of the Real Warriors Campaign and for the important work you are doing for servicemembers, veterans, military families and health professionals. Feel free to offer feedback and suggestions at any time, and we look forward to continued collaboration with our partners.



Special treatment for Soldiers...

Col. (Ret.) Margarita Aponte congratulaes Col. Virginia Yates at Yates' Assumption of Command of Rordriguez Army Health Clinic. Aponte is the newly appointed Army Wounded Warriors Advocate for Puerto Rico and the Virgin Islands. Aponte works out of the Fort Buchanan Civilian Based Warrior Transition Unit located in Bldg. 225, Fort Buchanan. She can assist you and your family by calling 707-2696.





AAFES Senior Enlisted Advisor CMSgt. Helm visits Fort Buchanan

AAFES Public Affairs

The senior enlisted advisor from the Army & Air Force Exchange Service Air Force CMSgt. Jeffry Helm, visited Ft. Buchanan, Sept. 22-24. He met with garrison leadership, customers and inspected facilities during his time at Ft. Buchanan.

During his stay, Chief Helm provided updates on current and future projects and addressed any AAFES related issues on Ft. Buchanan. Chief Helm also spoke to members of the retiree council and was available for a meet-and-greet at the Post Exchange. The interactive setting gave customers the chance to ask anything and everything to the highest ranking non-commissioned officer in the command.

"It's important that AAFES educates, listens to and addresses our more than 12.2 million customers," Chief Helm said. "This opportunity to interact with our customers only strengthens AAFES' ties in the military community."

AAFES is an important part of any Army and Air Force community. Besides providing the exchange benefit to troops and their Families, AAFES gives 100 percent of its earnings back to the military community. Roughly 70 percent of earnings go towards Army MWR and Air Force Services programs which are used towards quality of life improvements including youth services, recreation centers, arts and crafts, aquatic centers, post functions and golf courses.

The other 30 percent of AAFES earnings go towards capital improvement programs which build new, renovated or expanded facilities to enhance and support the shopping experience. The Ft. Buchanan PX's PowerZone received a facelift in August and opened a Game Stop on Sept. 18. The Robin Hood sandwich shop in the food court closed in September to make room for a brand new Taco Bell, scheduled to open in mid-November. In order to provide troops and their Families even more food options, AAFES is looking to establish standalone food concessions across post.

AAFES is a joint military command with a retail mission. The command's dual mission is to provide quality products and services to all active duty, Reserve, Guard troops, their Families and retirees and to generate earnings to supplement Army Morale Welfare and Recreation and Air Force Services programs. Carrying out AAFES' day-to-day operation include 72 active duty Army and Air Force personnel and more than 43,000 civilian associates.



Marc McCormick

(Second from left) Air Force CMSgt. Jeffry D. Helm, AAFES Senior Enlisted Advisor and Exchange General Manager Rick Mora (far right), took time during Helm's visit to meet with patrons of the Exchange. Pictured are — Fort Buchanan Command Sergeant Major David Davis (left), Helm, Fort Buchanan Deputy Commander Gerald Savage and Mora.

Patriot Family Connection A PLACE TO SHARE



The Patriot Holiday Virtual card allows family members and friends to send holiday greetings of love and support for service members to enjoy anywhere in the world.

The Army and Air Force Exchange Service has partnered with American Greetings to bring supporters of the military the first Patriot Holiday Virtual card. The e-card gives family and friends the ability to send a variety

of holiday messages to loved ones via email.

The Patriot Holiday Virtual card service is free of charge and is open to both authorized and non-authorized exchange shoppers throughout year. To send a holiday greeting, browse the selection of e-cards and e-mail the appropriate card to your loved one. Premium greetings are available for an additional charge.

AAFES 2009 Pet Photo Winner...



Zachery Eierman, First Place

Patriot Pet: Roxy, Boxer

Roxy is the embodiment of the Boxer.
She entertains, safeguards, and adores her family.
She has protected the home front while her
Soldier protected the USA on a 15-month deployment to Iraq. She greeted his return with the same joy and excitement that was felt by the family she protected.



Courtesy Photo
Santa made a brief visit
to the Fort Buchanan
PXtra to inaugerate a
Game Shop. The shop
makes its debut just in
tiem for Christmas and,
no, it is not a mistake
that Santa is dressed in
blue.

Each year AAFES offers the following...









Be an Exchange Buddy

AAFES Public Affairs

Facebook, Twitter and now even your inbox — the Army & Air Force Exchange Service is making it easier than ever before to "rediscover the value" at the PX via the Internet.

AAFES' "Buddy List," for example, is delivering weekly

AAFES' "Buddy List," for example, is delivering weekly e-mails focused on worldwide and local promotions to approximately 30,000 authorized exchange shoppers around the world.

"AAFES realizes that to be its customers first choice, we need to use innovative communication techniques to spread the word about the exchange benefit to a new generation of shoppers," said the exchange manager Rick Mora. "In fact, we're not just reaching out to these shoppers online, we're also highlighting these tools in-store to ensure we are properly positioned to develop a lifelong, emotional connection with our customers at Ft Buchanan."

As part of the increased focus on direct communication channels by AAFES, the PX is preparing to host the last of three, one-day events highlighting the benefits a "Buddy List" subscription can provide.

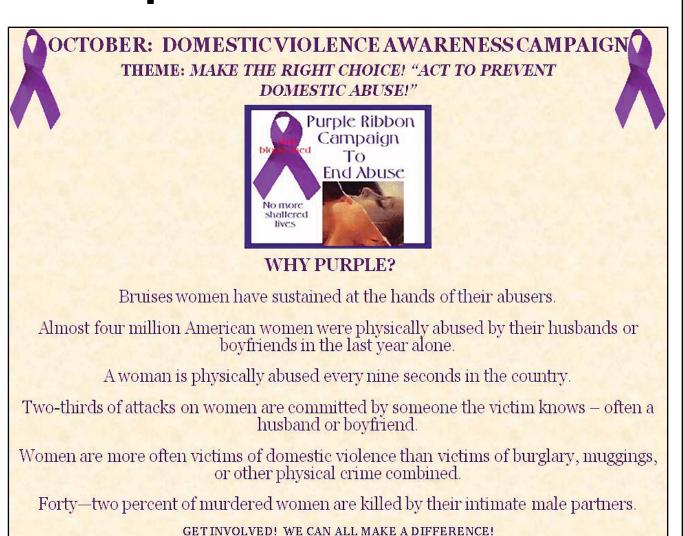
On Oct. 03, 2009, the Fort Buchanan exchange will randomly award \$50 AAFES gift cards to three authorized shoppers who completed an online "Buddy List" sign-up that day.

completed an online "Buddy List" sign-up that day.

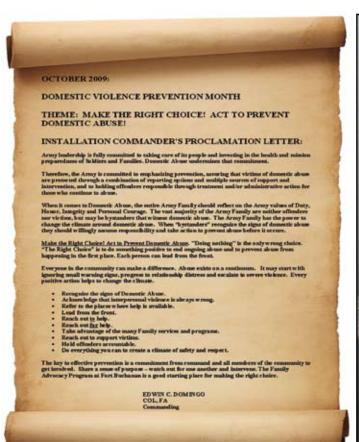
Once registration is complete, "Buddy List" subscribers will also have an opportunity to complete a quick online survey to be automatically entered for a chance to win a \$1,000 shopping spree through October 31st.

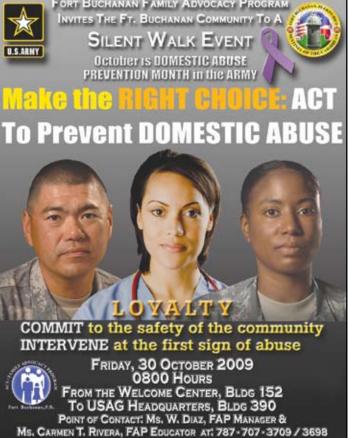
In addition to entries received on Oct. 03, 2009, shoppers who became AAFES "Buddies" in Aug. and Sept. are also in the running to take the shopping spree home. Even shoppers who can't make it Saturday October 03, 2009 can subscribe to the Fort Buchanan PX 's "Buddy List," and register to win the "Sign-up Sweepstakes," by logging on to Web site www.aafes.com and clicking on the "Local Buddy BX/PX buddy list" link.

Making the right choice — act to prevent domestic abuse



For additional information please call Ms. Wilda Diaz, Family Advocacy Program Manager at 787-707-3709





How to have safe, effective communication

Wilda Díaz,

Ft. Buchanan Family Advocacy Program Manager



Maintaining a healthy/effective relationship Manteniendo una relacion saludable/efectiva

- The first duty of love is to listen.

 La primera regla en el amor es escuchar.
- Give your full attention to all discussions.
 Preste atencion a todas las discusiones/conversaciones.
 - Express your feelings calmly, without blaming or lecturing.
 Exprese sus sentimientos calmadamente, sin culpar o juzgar.
 - Keep an open mind. Allow all sides a chance to speak.
 Mantenga una mente abierta. Permita que todas las partes tengan la oportunidad de hablar/

las partes tengan la oportunidad de hablar/ expresar su opinión.

•Don't shout. Use a low voice to keep tempers low too.

No grite. Use un tono de voz suave para mantener calmados los temperamentos.

- Watch your body language. It speaks as loud as your words.
 Este atento a su lenguage corporal. El mismo puede hablar tan alto como sus palabras.
- Communicate with compassion. Think how your words will make your loved one feel. Hable con compasion o consideracion. Piense como sus palabras pueden hacer sentir a su ser amado.
- Compromise. Meeting in the middle can make everyone happy with the outcome. Llegue a un acuerdo. Llegar a un punto medio puede hacer que todos queden felices con el resultado.
- And remember that the real meaning of life is to be happy!

Y recuerde que lo mas importante en la vida es ¡ser feliz!



Marc McCormick

Awilda Diaz, top left, meets with the Garrison commander and other department representatives to plan for Domestic Abuse Prevention Week activities. Following the Domestic Violence Prevention campaign will be one addressing Child Abuse Prevention.



Sentinel of the Caribbean

Aponte, Berrios move on



Fort Buchanan saw the transition of two of its most familiar employees and Domingo Berrios. Aponte, pictured with her fiancée Navy Lt. Cdr. Luis Rivera, re ceived a Commander's Coin and a Certificate of Appreciation for her work as the Fort Buchanan Alcohol and Drug Control Officer. Her work has touched many lives associated with the garrison. She will relocate with her husband to Norfolk, Virginia.Below, Domingo Berrios ended a 30 year career having served in the ID Card Section of the Welcome Center. Thousands of people owe their thanks to him for making their experience easier by expediting their ID Card needs. He will be sorely missed in his retirement.





How to Speak Puerto Rican by Joseph Deliz Hernandez, Esq.

"Del plato a la boca se cae la sopa"

Literal translation — Soup can spill while taking it from the bowl to your mouth.

Social meaning — It's as they say in baseball. [It's not over until it's over!" It's the equivalent of

"There's many a slip twixt cup and lip."

It means that a person has to always be alert.

He must be wary until the very end because things can still go wrong. It's the same as saying "Don't count your chickens until they hatch!" It's Murphy's law (If anything can go wrong, it will, at the worst possible moment and with the worst possible effect) that can quickly change the expected outcome.

VA pays honor to all veterans

Wanda Mimms

Dir. VA Caribbean Healthcare System

During the month of September, we paid tribute to a very special group of American Veterans – Veterans whose service inspires awe and whose personal sacrifices demand our respect and gratitude.

We celebrated the "National POW/MIA Recognition Day", to honor all of America's former Prisoners of War and servicemembers missing in action.

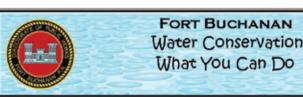
How do we, as a nation, thank those who have sacrificed so much on our behalf? We begin by never forgetting them or their sacrifice. America's former prisoners of war are among our nation's most revered heroes. They served with dignity and honor under the worst of human conditions – starvation, isolation, torture and the ever-present threat of death. Yet even during their darkest hours, they demonstrated remarkable personal courage and unwavering devotion to family and country. Their strength is a testament to American

To the thousands of military families tormented by uncertainty due to the loss of loved ones whose whereabouts remain unknown, we want you to know that — while we cannot know the pain you feel — as part of the American family; our hearts go out to you for your

While numbers alone do not tell the whole story, they can help us begin to appreciate to scope of heroic service we recognize today. Since World War I, more than 142,000 American servicemembers have been captured and imprisoned, more than 130,000 of them during World War II. More than 17,000 died while interned as POWs. Approximately 22,650 former prisoners of war were still alive at the end of 2007. As the majority of these former POWs were held during World War II and the Korean War, they are now well into their 70s, 80s and 90s

The Department of Veterans Affairs is entrusted with the sacred responsibility to carry out Abraham Lincoln's promise "...to care for him who shall have borne the battle and for his widow and orphan." VA employees proudly work to fulfill this promise each day. Ours is a noble calling, and we are committed to redeeming our nation's debt to our Veterans with the utmost dignity, compassion and respect.

The VA conducted a nationwide outreach campaign in recent years to contact former prisoners of war, their families, and their communities to let them know they may be eligible for increased VA benefits. We also rely on Veterans' service organizations, our own employees, and the news media to help us get the word out. Former POWs and their families need to understand VA benefits are not handouts. These benefits were earned.



Welcome!

The Environmental Division would like to thank all military, civilian and students that have helped to promote water conservation! But, there is more to do... We depend on You!!!

Fort Buchanan has three main regulations that require water management planning: 1) Executive Order 13123; 2)Army Regulation 420-46 for Water Supply and Wastewater, and 3) Army Regulation 420-49 for Utility Services. Executive Order 13123 has established water conservation goals for the Federal government that includes the development of a water management plan for individual sites. Identifying Water Conservation Measures (WCMs) is important to reduce water consumption on Post, and also in order to implement Best Management Practices (BMPs).

Shower/Bath

- a compose pass.

 Discontinue use of bottle water.

 Run the dishwasher only when full.
- Fill the sink with water to wash vegetables rather than leaving the water run.

FORT BUCHANAN

WATER CONSUMPTION

- 45% the toilet
- 30% for showers
- 20%4for laundry Only 5% for drinking and cooking In the summer months, 50% of hou

Outside the Home

- Reduce water consumption and save \$5's on heating, softening, and
- watering plants.
- Place rain gauge in an open area of the landscaping to measure rain and irrigation water accumulation.





9/11 reminds us to stay vigilant, protect freedom



Marc McCormick
Col. Edwin C. Domingo, commanding officer, Fort Buchanan, delivers the main address on the occasion of the garrison's 9/11 Commemoration at Fort Buchanan.

This by no means diminishes the bravery of the surviving military personnel at the Pentagon who responded to the attack by saving as many of their comrades as they could and assisting in the fighting of the fires and recovery operations.

In a bewildering time, a time of panic, death and destruction, Americans - civilian and military - did what they always do - they rose to the occasion and demonstrated bravery in the face of cowardice.

Each year at Fort Buchanan, we remember the day as we honor the living and dead with a public demonstration of what the event reminds of use and the honor we pay to our garrison first responders who are willing to risk their lives so others may live.

It is the price of freedom.

Fort Buchanan Commanding Officer Col. Edwin C. Domingo addressed the garrison saying, "Eight years have passed and it seems like yesterday when we lived the most excruciating moments in our lives; that fateful Tuesday morning of September 11, 2001 when all Americans, home and abroad, joined in spirit and prayer, hoping that what we saw on the news was only a nightmare. It is the same spirit that brings us together each year to renew our vow made to 2,985 patriots and heroes eight years ago, that they will never be forgotten; that their acts of courage are still alive in our hearts.'

Courage was common that day and out of the rubble came a patriotism that surprised even the most skeptical of Americans. Spanning the country and the world, Americans and freedom lovers expressed their love of freedom and the American way of life in thousands of ways. We were measured and found not to be wanting. America became the hero and the fanatics were shown to be cowards

"Today, in front of our most precious national symbol as witness – our flag – the promise becomes a reality. It is this, our flag which reminds us of the blood and tears shed by our he-

roes in uniform - Soldiers, Sailors, Airmen, Marines, Coast Guardsmen on that day and every day. Hand in hand with them during these terrible times were also other groups of men and women in uniform, our first responders – the police and firefighters, as well as members of our federal agencies such as FBI, Homeland Security, and many more. They all devoted their lives to serve and protect us so we can be here today," Domingo said.

"I cannot express enough my pride as a Soldier of the best Army in the world. Especially on this day, when many of my fellow Soldiers and members of the Armed Forces are still fighting around the world, I am proud of being an American Soldier. So let the tolling of the bells throughout the nation fill the air with the everlasting message of our pledge, with dedication, love and devotion to the symbol of our freedom. Let the sound of the bugler fill our hearts with gratitude to the members of our Armed Forces who paid the ultimate sacrifice. And let our thoughts get together in a silent tribute to honor the memory of those who are no longer with us."



Installation Chap. (Lt. Col.) Ken Lawson leads the 9/11 Remembrance attendees in a prayer for the victims who died in the attack.

We pray for emotional, spiritual healing...

Chap. (Lt. Col.) Ken Lawson Installation Chaplain

"Almighty and sovereign God, on this eighth anniversary of the terrorist attack upon America, we stop and pray for our nation. We ask, Lord, your blessing upon our Commander in Chief, President Barak Obama, and his military and civilian staffs, that you will help them to make wise decisions which we know will affect us all here this morn-

"As pause to reflect upon that tragic day eight years ago, we pray for children who lost parents; we pray for parents who lost children; we pray for the husbands who lost their wives and the wives who lost their husbands. Father God, many friends and loved ones were suddenly taken from us. We pray for emotional and spiritual healing, that you, Lord, will surround grieving families and friends with your grace, mercy and love.'

"Since that dreadful day eight years ago, many men and women of the Army, Navy, Air Force, Marines, Coast Guard, active duty and reserve, have served in war zones very far from home. Many here in this congregation this morning, Lord, have served in dangerous places. Many have suffered. Some have died. Others are physically and emotionally and spiritually struggling today. Please bless them, Lord, and give them the peace within their hearts and the comfort of your presence among them that we all desperately need.'

As we continue to be a nation at war, we pray for U.S. military families all over the world, for those separated and soon to reunite, that you will bless their reunion and

"As we continue to train for war, let us pray for peace. Amen."



Taps is played in remembrance of those who died in the terror attacks on 9/11.

Secretary addresses servicemembers on 9/11

"Mr. President, Madam First Lady, distinguished visitors, and above all, family and friends – good morning and thank you for being here today.

On September 11th, 2001, the Pentagon, the World Trade Center, and a field near Shanksville, Pennsylvania, absorbed the first foreign-based major attacks on the continental United States since the War of 1812.

"David Lloyd George, a former prime minister of the United Kingdom, speaking during the opening months of World War I, said, "The stern hand of fate has scourged us to an elevation where we can see the everlasting things that matter for a nation – the great peaks we had forgotten, of honor, duty, patriotism, and clad in glittering white, the towering pinnacle of Sacrifice pointing like a rugged finger to Heaven."

"Today we honor the dead and to speak to the survivors and loved ones

whose lives were irrevocably changed on that terrible day eight years ago. Words are inadequate to remove the pain of that loss. In the lives of these patriots we can find some solace. Because they lived, and because of the great pinnacle of [their] sacrifice", and because of the sacrifice of thousands more since that day, we remain a strong and free nation.

'Those who fell are commemorated here, and they are represented by the men and women you see around you acting as docents for this memorial. The docent program that begins today is being run by Lisa Dolan, who lost her husband, Navy Captain Robert Dolan, on 9/11. She and other 9/11 family members have added something poignant and profound to this program.'

We are grateful and honored on this day that the President – and the First Lady, who has made the welfare of military families her personal priority - are here to help us commemorate this anniversary.







Sec. of Defense William Gates

The Memorial





Fort Buchanan Fire Department: Save lives by preventing fires

Ft. Buchanan Fire Department

Every 15 seconds a fire department responds to a fire somewhere in the world.

Most fires don't happen in homes. But most fire deaths and injuries do.

The major causes of fatal home fires are misplaced smoking materials, electrical equipment, arson and children playing with matches or lighters.

Our buildings are built to high standards and our fire departments are among the best in the world.

The problems are people, and their lack of awareness about the importance of making fire safety a part of their everyday lives

How long do you have to escape from a fire in your home?

When people were asked this question in a recent survey, they answered in ways that were surprising.

Fifty eight percent said two minutes or more. Twenty four percent estimated they had more than 10 minutes to escape a home fire.

The truth is, you may have much less time to escape than you think.

A typical living room fire can threaten the entire house in just moments—producing life threatening conditions in nearby bedrooms less than two minutes after the smoke alarm sounds.

Your family needs to know how to get out at the first sign of a home fire.

Don't wait, plan your escape today.

Every family should have a fire escape plan. Include everyone in the planning process.

Draw your plan, marking two ways out of every room.

Include windows.

Pick a meeting place outside, well away from the house or building.

Tell everyone to meet there after they've escaped. That way you can count heads and tell the fire department if anyone's trapped inside. Don't forget to call the fire department from a safe location.

Practice your plan.

Plans are great, but the only way to know if they work is to practice them.

Hold a home fire drill.

Getting out of your own home sounds easy, but your home can look very different if it's full of smoke. Children in particular need to practice. Children practice drills at school every month, but rarely at home. But fires are far more likely to happen at home. Have someone press the button on the smoke alarm as the signal for the drill to start. Get out quickly, but carefully. Everyone should go to the meeting place.

Fire drill checklist -

- The escape plan has been discussed with all family members.
- Start the drill with everyone in their room, pretending to be asleep.
- Signal the start of the drill by sounding the smoke alarm. It is especially important for children to recognize



Col. Edwin C. Domingo, commanding officer, Fort Buchanan, signed the 2009 National Fire Prevention Proclamation presented by members of the garrison Fire Department. Fire Prevention Week runs October 10 -14, 2009 with fire prevention activities all week.

the sound of the smoke alarm so they will react appropriately when they hear it.

- Practice using your main escape routes first. Don't run. Just go quickly and calmly outside and to the meeting
- The family meeting place is located safely away from the house or building and out of the way of the arriving
- Everyone arrives at the family meeting place in under two minutes.
- Someone pretends to go call fire department for help. They know what information to give the emergency dispatcher.

Tips for a safe escape —

- If you see smoke, try another way out. If you can't avoid the smoke, crawl under it on your hands and knees.
- Test doors before you open them. If you touch the door and it is warm, use another escape route. If the door is cool, open it cautiously.
- Don't stop or go back for anything. Possessions can be replaced. You can't.
- Remember fire spreads quickly. Get out fast and stay out. Call the fire department as quickly as possible

Smoke alarms save lives

- · Count your smoke alarms. The Fort Buchanan Fire Department recommends you install at least one smoke alarm on every level of your home, including one in every
- Check your smoke alarms. Press the test button on smoke alarms each month to make certain they are still



Lydia Rivera, Fort Buchanan firefighter advances on a fire in an enclosed space under the watchful eyes of a Fort Gordon, Ga. fire instructor. Buchanan firefighters are constantly trained to keep their skills sharp.

- · Vacuum your smoke alarms. Clean smoke alarms each month of dust and cobwebs to keep them sensitive.
- Change your batteries. Change smoke alarm batteries at least once a year, or as soon as the alarm "chirps" warning that the battery is low. Although Puerto Rico never deviates from standard time, Fort Buchanan Fire Department suggests changing batteries in the fall (September - December) when clocks are set back an hour (Daylight Savings Time).
- Change your alarm. Replace smoke alarms once every ten years.
- Know the sound. Make sure everyone in the home can hear and recognize the sound of the smoke alarm and knows how to react immediately. Assistive devices are available for those who are deaf or hard of hearing.

Home fire safety checklist

Electrical

- Don't plug too many appliances into one outlet. Use only one-heat producing appliance on the same circuit at
- Be wary of using electrical appliances around the sink or too close to the water. Have ground-fault interrupter (GFI) outlets installed on all kitchen counter outlets to prevent electrical shock.
- Whenever possible, unplug small appliances, like the toaster & coffee makers after each use.

Housekeeping

Always keep matches and lighters out of the reach of



Fort Buchanan's new Fire Chief, Wayne Doherty (center) stands with some of his firefighters in preparation for Fire Safety Week. Pictured left to right are — Hector Rivera, Joe Lopez, Inspector Luis Roig, Chief Doherty, Jose Valezquez, Inspector Juan Morales and Inspector Axel Miranda.

children.

- Clean up your work area after completing a task; never leave area cluttered with tools or supplies that could present tripping hazards.
- Ashes from barbecues are only disposed of in metal
- Keep paint in a tightly closed container.

Kitchen

- Never leave cooking food on the stovetop unattended - keep close eyes on food cooking inside the oven.
- Keep cooking areas clean and clear of combustibles (e.g. potholders, towels and food packaging)
- In the event of a grease fire, you know that the best thing to do is to put a lid on it.

Never ever attempt to carry a pan of burning food outside.

Smoking

- · Matches, lighters, and smoking materials are kept out of the reach of small children.
 - 'No Smoking in Bed" is a house rule.

Burns

- Immediately cool burn by placing it under cool water for 10-15 minutes.
- Never use butter, lotions, ice or ointments. This only seals the heat in
 - Don't break blisters. This could cause infection Smoke Alarms
- Smoke alarms are installed on a ceiling or high on the wall (outside of the bedrooms) on each level of the home.
 - Smoke alarm batteries are changed once a year.
- Smoke alarms are tested monthly and cleaned regularly

Stop, Drop and Roll –

- If your clothing catches fire: Stop (don't run), drop gently to the ground, cover your face with your hands and roll over and over to smother the flames.
- If you cannot do that, smother the flames with a towel or blanket.

Escape Plan -

- You have a plan of escape showing two ways out of every room in your home, especially bedrooms.
- You regularly practice your escape plan by holding fire drills in your home.
 - Windows used for escaping can be opened easily.
- Your house numbers are clearly visible from the

Ignoring any of the items above puts you at a higher risk from fire. Take steps to make sure you are as fire safe as possible.

Fire Prevention Week is actively supported by fire departments across the country.

For 85 years fire departments have observed Fire Prevention Week, making it the longest running public health and safety observance on record.

For a courtesy inspection of your home, contact the Fort Buchanan Fire Department at (787) 707-3410 or

In Case of Fire or Medical Emergency Call (787) 707-5911.

Stay Smart! Don't Get Burned"— National Fire Prevention Week promotes personal safety, strategies for workplace & in the home

Puerto Rican named DoD Fire Service Instructor of the Year

El Morro Staff

Air Force Tsgt. Luis F. Ortiz-Acevedo, the nephew of Fort Buchanan PAIO's Luis Cruz-Morales, was recognized as the Department of Defense 2009 Fire Service Instructor of the Year at an awards ceremony in Dallas, Texas August 21, 2009.

Ortiz-Acevedo is stationed at DoD Fire Academy, Goodfellow Air Force Base, Texas which is the central location for all firefighters within DoD to receive training.

Ortiz-Acevedo has extensive training experience including having been handpicked for a 179 day assignment with the Air Force Coalition Transition Team assisting in the transfer of fire fighting responsibility and the U.S. military's exit strategy from



Courtesy Photo

Air Force Tsgt. Luis F. Ortiz-Acevedo was selected as the 2009 Department of Defense Fire Service Instructor of the Year during a ceremony held in Dallas, Texas August 21, 2009.

Iraq. He also served as the key advisor/planner in the creation of the Joint National Fire Academy Iraq, assessing requirements and developing a \$10 million operations budget to stand up five Iraqi fire departments and coordinated the relocation of over \$900 thousand worth of fire fighting gear.

He also built an Iraqi Fire Officer training course to provide critical advanced management training and created a structural firefighter training course to rebuild devastated infrastructure fire fighting capability and coordinated the translation of all course manuals into Arabic.

At the DoD Fire Academy, he conducted over 1,400 live fire evolutions with zero mishaps; provided senior leader training to commanders to prepare them for emergency management positions and coordinated the photo and video shoot for the 5th Edition of IFSTA training materials used nationwide, among other outstanding accomplishments.

The History Behind Fire Prevention Week

The history of National Fire Prevention Week has its roots in the Great Chicago Fire, which occurred on Oct. 9, 1871.

This tragic conflagration killed 300 people, left 100,000 homeless, and destroyed more than 17,000 structures.

Ever since its occurrence, the origin of the fire has generated speculation, with fact and fiction becoming blurred over the years.

One popular legend has it that Mrs. Catherine O'Leary was milking her cow when the animal kicked over the lantern, setting the O'Leary's barn on fire, and starting the spectacular blaze.

However, the massive fire began; it swiftly took its toll, burning more than 2,000 acres in 27 hours.

The City of Chicago quickly rebuilt, however, and within a couple of years, residents began celebrating their successful restoration by memorializing the anniversary of the fire with festivities.

Intending to observe the fire anniversary with a more serious commemoration, the Fire Marshals Association of North America, the oldest section of the National Fire Protection Association, decided that the 40th anniversary of the Great Chicago Fire should be observed not with festivities, but in a way that would keep the public informed about the importance of fire prevention.

So on Oct. 9, 1911, FMANA sponsored the first National Fire Prevention Day.

In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation.

Moreover, every year since 1925, the president of the United States has signed the proclamation pronouncing the Sunday-through-Saturday period in which October 9 falls a national observance.

For 70 years, the nonprofit NFPA has officially sponsored and selected the theme for the national commemoration of Fire Prevention Week, honoring the anniversary of the Great Chicago Fire and using the events to increase awareness of the dangers of fire.

When President Calvin Coolidge proclaimed the first National Fire Prevention Week, Oct. 4-10, 1925, he noted that in the previous year some 15,000 lives were lost to fire in the United States.

Calling this loss "startling," President Coolidge's proclamation stated, "This waste results from conditions which justify a sense of shame and horror; for the greater part of it could and ought to be prevented..

"It is highly desirable that every effort be made to reform the conditions which have made possible so vast a destruction of the national wealth." Fire Prevention Week 2009 is Oct. 4-10 with the theme "Stay Fire Smart! Don't get Burned."

For a courtesy inspection of your home, contact the Fort Buchanan Fire Department at 707-3410/3520.



Courtesy Photo

Professional development...

Fort Buchanan firefighters Lydia Rivera and Joel Perez recently attended training at Fort Gordon, Ga. participating in a full range of fire scenarios.

Fire Prevention Week Activities Oct. 4 -10

DATE	TIME	AREA	ACTIVITY
Oct. 2	4 p.m.	Base Housing	Distribute Literature
Oct. 5	7:40 – 8:20 a.m.	AMS Cafetrorium	Sparky and distribute Fire Prevention Video - How to Prevent Home Fires
	9 a.m.	Bldg. 390 Commander's Office	Sparky the Robot, Sparky & Distribute Fire Prevention Materials
	9:30 - 11 a.m.	Post Exchange & Commissary	Sparky & Distribute Fire Prevention Materials
Oct. 6	9 - 10 a.m.	1st MSC	Sparky & Distribute Fire Prevention Materials
	10:30 - 11:30	DFMWR Locations	Sparky & Distribute Fire
Oct. 7	8 -9 a.m.	AAFES& DeCa Breakroom	Prevention Materials Evacuation Procedures & Fire Prevention Classes
	8 - 8:40 a.m (AM PK, K, Grade) 8:40 – 9:10 a.m. (3rd & 4th Grade) 9:15 - 9:45 a.m. (1st & 2nd)	AES Cafeteria	Sparky the Robot, Sparky & Fire Prevention DVDs
	1:15 – 1:45 p.m. (PM PK)	AES Cafeteria	Sparky the Robot, Sparky & Fire Prevention Video
	1 -2 p.m.	AAFES / DECA Breakroom	Evacuation Procedures & Fire Prevention
Oct. 8	9 – 9:30 a.m. 10 - 11 a.m.	RAHC Exchange & Commissary	Sparky & Distribute Fire Materials
Oct. 9	9:30 - 10:30 a.m.	CDC	



402nd CAB trains with PR Army Aviation National Guard

Maj. Mark Highland 402nd CAB

The 402nd Civil Affairs Battalion conducted joint air operations on September 12th with the Aviation Element of the Puerto Rico Army National Guard and the Department of Emergency Services located on Ft Buchanan.

The purpose of the training was to familiarize Soldiers and members of the Ft Buchanan Fire Department with the capabilities, configurations, and safety procedures associated with the UH-60 Blackhawk Helicopter as well as teaching firefighters the proper hand and arm signals to guide the aircraft onto and off a landing zone.



Crew Chief CW4 Eddie Garcia demonstrates the proper way to use the craft's harness to secure yourself during flight. (Right) 402nd CAB Soldiers receive a safety briefing before flying in the aircraft.

The 402nd is the first tenant unit of Ft Buchanan to conduct air operations training on Ft Buchanan in 12 years.

CW4 Garcia and CW2 Leppert pilots from the Puerto Rico Army National Guard flew four sorties giving the Soldiers of the 402nd CA Bn. ample practice on entering and exiting the aircraft as well as the opportunity to familiarize them with how the aircraft maneuvers in real world operations and the proper techniques and signals for properly guiding the aircraft on and off the Landing Zone

The 402nd Civil Affairs Battalion's area of responsibility is Central and South America where they will work with other foreign military forces on various missions ranging from military training to civil relief. Air operations using Blackhawk helicopters are the most common means of transportation in these areas. The success of the battalion depends on how well rounded and well trained its Soldiers are. Therefore, this type of training is very important to the unit and its members.

Lt. Col. Jeffrey Jurasek, commander of the 402nd CA Bn. stated, "Taking care of Soldiers means ensuring that they are disciplined and trained to standards so that, ultimately when they go to war, they are ready to accomplish their mission and at the end come home alive. This type of realistic training will help me accomplish that objective."

Questions pertaining to this training or any other training conducted by the 402nd Civil Affairs Battalion can be directed to Capt. Giacomo Colletti, Training Officer for the 402nd CA Bn by calling (787) 707-2863.





Photos Marc McCormick

Aircraft commander and pilot CW2 Thomas Leppert flew the mission to familiarize 402nd CAB Soldiers on Blackhawk operations. He instructed the Soldiers on safe embarkation of the helicopter and Landing Zone operations.





(Left) 402nd CAB Soldiers Pfc. Joselyn Pagan, Sgt. Noel Rivera, Pfc. Jose Melendez and Pfc. Johan DeJesus are instructed and checked by crewmember Sgt. Tomas Garcia on how to secure their in-flight harnesses prior to lift off. (Right) The Fort Buchanan Fire department provided support services for the training exercise. Two trucks stood by during the evolution. Additionally, three of the DES Firefighters received training on how to shut down the aircraft and extract personnel from the Blackhawk as well as other safety procedures. Receiving the training were, left to right, Joel Perez, Luis Rojas and Nelson Carrucini. They listen as pilot CW2 Thomas Leppert explains the safety procedures for working close to the helicopter. The firefihters were also invited into the cockpit to learn shutdown procedures of the craft.

Garrison employees noted at quarterly Townhall

Employees recognized with individual and longevity awards presented by the installation commander. Deputy to the Garrison Commander Petersen briefs workers and answers questions.



5-Year — (left to right) Felix Torres, Lydia Rivera and Richard Olmeda. Fort Buchanan Commanding Officer Col. Edwin C. Domingo, left, and Deputy Commander Lt.. Col. Gerald Savage presented all the awards and recognitions.



10-Year — (left to right) Milagros Barbosa, Luis E. Martinez and Ricardo Santiago.



15-Year — (left to right) Eugenio Choisne, Grissel Rosa and Maritza Silva.



25-Year — (left to right) Carlos Rivera, Edgardo Garced, Carlos Rivera, Edwin Lebron, Lisa Rivera, Jaime Morales Pereira, Jesus Ozores, Laura Torres, Luis Rosado, Leonardo Martinez and Juan L. Garcia.



20-Year — Carmen Hernandez.



30-Year - Ramon A. Rivera



35-Year - Secundino Machado



Army Achievement Medal for Civilian Service Daniel Montijo.



Army Achievement Medal for Civilian Service Luis A. Cruz-Montes.



Army Achievement Medal for Civilian Service Jose Marquez Lozada.



Army Achievement Medal for Civilian Service Jorge Reyes-Arroyo.



Commander's Award for Civilian Service Ramonita Ojeda.







Miguel Ortiz

Dir. Civilian Personnel Advisory Center

There's a new noncompetitive hiring authority for Military Spouses under Executive Order 13473 to positions in the competitive civil service service.

Who is eligible —

Spouses of Armed Forces members serving on active duty for 180 days or more, provided the spouse relocates to the member's new permanent duty station

Spouses of Armed Forces members retired under Chapter 61 of title 10, United States Code, with a disability rating at the time of retirement of 100%

Spouses of former Armed Forces members who retired or were released and have a disability rating of 100 percent from the Department of Veterans Affairs

Un-remarried widows or widowers of Armed Forces members killed while serving on active duty

Based on PCS —

- Spouse must be authorized and relocate with the servicemember to the member's new permanent duty station via PCS orders.
- Eligibility is limited to geographic area indicated on the servicemember's PCS orders, duty station and surrounding area within reasonable daily commuting distance.

Based on Disability —

- Spouse of servicemember who retired under Chapter 61 of title 10, United States Code, with a disability rating at the time of retirement of 100 percent.
- Spouse of retired or released member who has a disability rating of 100 percent from the Department of Veterans Affairs or applicable branch of service.
 - No geographic restriction for eligible spouses.

Based on Death of a Servicemember —

- Servicemember must have been killed while on active duty.
- Must be the unmarried widow or widower of the deceased servicemember.
- No geographic restriction for eligible spouses.

Eligibility based on PCS relocation — Spouse must provide:

- Copy of servicemember's PCS orders authorizing the spouse to accompany the servicemember.
 - Proof of the marriage to the servicemember.

Eligibility based on 100 percent disability — Spouse must provide:

- Proof the servicemember was released or discharged from active duty due to a service-connected disability.
 - Documentation of the servicemember's 100 percent disability.
 - Proof of marriage to the servicemember.

Eligibility based on death of the servicemember — Spouse must provide:

- Proof of the servicemember's death while on active duty.
- Proof of marriage to the servicemember.

Spouses are eligible for noncompetitive appointment for a maximum of 2 years from the date of the servicemember's PCS orders. Documentation verifying the service member is 100 percent disabled. Documentation verifying the service member was killed while on active duty.

Eligible spouses —

- Must apply to a job announcement.
- Must meet the qualification requirements for the position
- May be appointed to temporary, term, or permanent positions in the competitive service.
 - May use this authority once per PCS move.
 - Are subject to the same conditions (e.g., suitability) as are other applicants.

Other conditions -

- No grade-level limitation.
- Use of this authority is discretionary by Federal agencies.
- Spouses who relocated prior to implementation of this authority have 2 years from the date of the PCS orders to use this authority

If you are visited by a military spouse who wishes to be considered for vacancies under this Executive Order, direct them to the Civilian Personnel Advisory Center or call 707-3943. More information can be obtained by visiting Web site *www.cpol.army.mil* (Employment) or *www.usajobs.opm.gov* for Military Spouse employment opportunities.

Hispanic Heritage Month 2009

THE WHITE HOUSE

Office of the Press Secretary

NATIONAL HISPANIC HERITAGE MONTH, 2009 BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

The story of Hispanics in America is the story of America itself. The Hispanic community's values -- love of family, a deep and abiding faith, and a strong work ethic -- are America's values.

Hispanics bring together the rich traditions of communities with centuries-old roots in America and the energy and drive of recent immigrants.

Many have taken great risks to begin a new life in the hopes of achieving a better future for themselves and their families.

Hispanics have played a vital role in the moments and movements that have shaped our country. They have enriched our culture and brought creativity and innovation to everything from sports to the sciences and from the arts to our economy.

Hispanics have served with honor and distinction in every conflict since the Revolutionary War, and they have made invaluable contributions through their service to our country.

They lead corporations and not-for-profits, and social movements and places of learning

ing.

They serve in government at every level from school boards to state houses, and from city councils to Congress.

And for the first time in our Nation's history, a Latina is seated among the nine Justices of the Supreme Court of the United States.

As Hispanics continue to enrich our Nation's character and shape our common future, they strengthen America's promise and affirm the narrative of American unity and progress.

To honor the achievements of Hispanics in America, the Congress, by Public Law 100-402, as amended, has authorized and requested the President to issue annually a proclamation designating September 15 through October 15 as "National Hispanic Heritage Month."

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim September 15through October 15, 2009, as National Hispanic Heritage Month

I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate ceremonies, activities, and programs.

IN WITNESS WHEREOF, I have hereunto set my hand this fifteenth day of September, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-fourth.

Hector Santiago Ft. Bucnanan EEO

As National Hispanic Heritage Month 2009 is celebrated, American physicist Luis W. Alvarez (1911-1988) is remembered for winning the 1968 Nobel Prize for physics.

He won for inventing a bubble chamber which is used to detect certain subatomic particles

During World War II, he helped develop three new types of radar systems and also made contributions to the Manhattan Proj-

Alvarez's last major scientific achievement was devising a controversial hypothesis which explained the demise of dinosaurs.



Army prepares to help during housing crisis

El Morro

The nation is experiencing a housing market crisis. The garrison chain of command, housing services, community services and Army One Source have information, training, and resources available to Soldiers, families, and civilians to confidentially overcome housing and financial challenges, before they lead to unfavorable credit reports or actions.

Soldiers, families, and Department of the Army civilians are encouraged to be aware and utilize the information, training and resources available to help overcome many housing and financial challenges. Mortgage Fact Sheet —

Many Soldiers, families, civilians are faced with financial challenges during a time when the housing market is not at its best. Many within the Army Family are unable to pay mortgages, rent homes, have upside-down loans, loss of extra income due to spouse unemployment, moves to new duty locations, and/or Soldiers becoming geographical bachelors due to the housing situation.

FMWRC and WCTU have developed a concept to create and maintain a Web site allowing individuals to seek help anonymously if so desired. Use of the Army One Source Web site will direct you to a

multitude of confidential, accurate, and helpful solutions. Each housing problem is unique therefore the solutions must be unique to fit the problem. Encouragement by commanders, CSMs, ILOs, Housing Offices and Army Community Services assist our Soldiers and their families so they can be guided to find information from the Army's Web site that contains federal and state programs to assist with personal housing issues.

Equally important is awareness of existing local legal and financial housing information available to inform/train to prevent or eliminate legal/financial situations.



(Uzeran



Marc McCormic

The 20-stage Fort Buchanan Fitness Trail is complete and ready for use. Station 1 is located in the grassy area across from the Fitness Center main entrance. During hot, humid weather, exercise caution and stay hydrated and when tired take appropriate rest time. Do not attempt the trail without first getting physical fitness advice.

PR to receive \$19M for weatherization projects

U.S. Dept. of Energy

WASHINGTON, DC — U.S. Department of Energy Secretary announced that the Department of Energy is providing more than \$60 million in funding from the American Recovery and Reinvestment Act. DOE's Weatherization Assistance Program will be available to families making up to 200 percent of the federal poverty level — or about \$44,000 a year for a family of four

gram will be available to families making up to 200 percent of the federal poverty level – or about \$44,000 a year for a family of four.

PUERTO RICO — \$19,546,235 awarded today. Puerto Rico will use its Recovery Act funds to weatherize approximately 5,500 homes over the next three years. The Energy Affairs Administration will oversee the program and will work with the Infrastructure Financing Authority to provide weatherization services throughout the island. After demonstrating successful implementation of its plan, the commonwealth will receive over \$24 million in additional funding, for a total of nearly \$49 million.

ENERGY Energy Efficiency & Renewable Energy

Lead by Example with Smart Energy Choices

Here is a simple checklist of energy conservation and efficiency measures to use at work:

- Always use Compact Fluorescent Lights (CFLs) in desk lamps as opposed to incandescent lights.
- Switch off all unnecessary lights.
- Use natural lighting when possible.
- If possible, use task lighting to directly illuminate work areas.
- Unplug equipment that drains energy even when not in use (i.e. cell phone chargers, fans, coffeemakers, desktop printers, radios, etc.)
- If possible, turn off your office equipment and or computer monitors during extended meetings and at the end of the
- ☐ Use efficient ENERGY STAR® products.
- Close or tilt window blinds to block direct sunlight to reduce cooling needs during warm months.
- Photocopy only what you need.
- Always use the second side of paper, either by printing on both sides or using the blank side as scrap paper.
- Carpool, bike, or use mass transit when commuting to work.
- To save gas: drive the speed limit, accelerate and decelerate slower, and make sure tires are pumped up.
- Use clurable coffee mugs instead of disposable cups.
- Share ENERGY STAR office appliances instead of using personal appliances.





NEW ENERGY

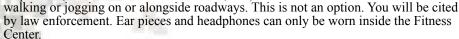
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or more about FEMP visit www.femp.energy.gov



CSM Safety Tips

No Headphones — No headphones or earphones (that means iPods or Walkmen, etc.) while



Run or walk approaching traffic — All runners/walkers are required to run or walk facing oncoming traffic (left side of the road). The runner/walker's back should never be to the traffic.

This allows the runner/walker to maintain eye-to-eye contact with the vehicle operator and gives the runner/walker a chance to react should the vehicle come too close. Vehicle operators should not have to guess what a runner/walker is going to do.

This rule ensures the safety of both the vehicle operator and the runner/walker.

Reflective Belts — When conducting physical training outdoors, each person must wear a reflective belt or vest at all times, regardless of the time of day.

Safety is everyone's business

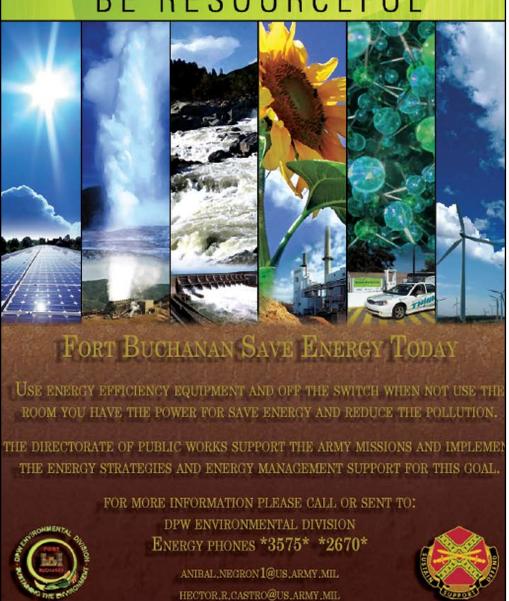
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Fort Buchanan takes energy lead

ENERY GOALS 2010

WE'RE FINDING WAYS TO

BERESOURCEFUL





Red Ribbon Week 2009 - Drug Free is the Key

Myrna M. Llanos AŠAP Prev. Education Coordinator

Today, there are many pressures drawing youth to the abuse of alcohol and the use of other harmful drugs.

The strongest pressure on youngsters and young adults are social (including advertizing and mass media), peer pressure and the need for group acceptance.

Parents, schools and communities should work together, with strong communication to support these youngsters through alcohol and drug prevention education.

The Red Ribbon Campaign is an opportunity to send a consistent Anti-Drug message, especially to young people.

It is designed to be an awareness campaign which gets information to the general public about the dangers of drug use/abuse

It can be used to help parents and schools develop an effective drug preven-

This year the focus of the campaign

will be our younger population with the theme--Drug Free is the Key.

The Fort Buchanan Army Substance Abuse Program has continuously been helping to create awareness of the drug problems facing our community

ASAP encourages our Installation population to support the 2009 Red Ribbon Week activities October 26-30

During this week, you are given the opportunity to stand up for a drug-free community by wearing or otherwise displaying a Red Ribbon prominently and participating in the various activities planned for that week.

The Red Ribbon Week Kick-Off activity will take place Oct. 26, 2008 at 9 a.m. at the Ft. Buchanan Antilles High School Auditorium.

Give an obvious demonstration of

your support to ASAP effort in helping prevent the flow of drugs into our installation, thus, in our schools, our homes, and our

Red Ribbon Week is the nation's oldest and largest drug prevention campaign reaching millions of people during the last week of October every year. By wearing red ribbons and participating in community anti-drug events, people pledge to live a drug-free life and pay tribute to DEA Special Agent Enrique "Kiki" Camarena.

Special Agent Camarena was an 11-year veteran of the DEA assigned to the Guadalajara,

Mexico office, where he was on the trail of the country's biggest marijuana and cocaine traffickers. In 1985, he was extremely close to unlocking a multi-billion dollar drug pipeline.

On Feb. 7, 1985; he was kidnapped, brutally tortured, and murdered by

Mexican drug traffickers. His tragic death opened the eyes of many Americans to the dangers of drugs and the international scope of the drug trade.

The first Red Ribbon Week celebrations were held in La Mirada and Norwalk, California. Since 1990, the Department of Defense has been in the forefront of the nation's efforts to combat illegal drugs. As in the past, DoD encourages installations, commands and units to participate in Red Ribbon Week activities.

In order to maintain combat readiness, it is imperative that DoD military personnel, civilians and their family members remain drug free. The Army Substance Abuse Program has been committed, through drug testing and educational efforts within our DoD communities, to confront this problem.

If you have a question about this article or about substance abuse, email me at myrna.llanos@us.army.mil or call 707-

*Some information in this article was taken from the NFP and DEA Web sites.

Tricare pharmacy services combined



Tricare Public Affairs

On June 27, 2009, the Department of Defense awarded the new TRICARE Pharmacy Services contract to Express Scripts, Inc., in which retail and mail order services are combined. Beginning Sept. 23, 2009, beneficiaries will be mailed the new TRICARE Pharmacy Program handbook along with a letter welcoming them to the new TRICARE Pharmacy Program. A copy of the letter and handbook will be attached. The attachments may also be found in the Source Documents tab of the Customer Service Community Web site at www.tricare.mil/customerservicecommunity. A new ESI call center went live Sept. 23, 2009. Beneficiaries may contact the call center by calling 1-877-363-1303. This is a new contract telephone number. Beneficiaries who are currently dealing with TRICARE Mail Order Pharmacy and TRICARE Retail Pharmacy should continue to call the existing call centers at 1-866-363-8667 (TMOP) and 1-866-363-8779 (TRRx). On Nov. 4, 2009, some pharmacies that may no longer be a part of the TRICARE pharmacy network. Beneficiaries affected by this change will be notified via letter; once the letter is finalized, we will post a copy on the Customer Service Community Web site. ESI anticipates mailing letter to affected beneficiaries by the end of September. A new version of ESI TRICARE Web site www.expressscripts.com/TRICARE is scheduled to go live on Nov. 4, 2009. If you have any questions contact the ESI call center at 1-877-363-1303. If you have questions regarding any other TRICARE Program or benefit, contact the TRICARE Area Office-Latin America and Canada (TLAC) at 888-777-8343, option 3 or 706-787-2424, or email us at taolac@tma.osd.mil.

Tomorrow's leaders — AFROTC Det. 755 U.S. Air Force celebrates 62nd birthday

Lt. Col. Javier Delucca AFROTC Det. 755

"Running for the past, the present, and the future."
This was the theme for AFROTC Detachment 755, University of Puerto Rio Piedras, 62-mile relay run in celebration the U.S.

Air Force's 62nd Birthday Sept. 18, 2009.
The run kicked off at 6:30 a.m. at the Fort Buchanan track, with Cadet Hector Torres running the first of 62 miles, each mile commemorating one year of the Air Force.

More than 90 cadets and cadre ran individually or in groups, passing a baton from runner to runner as they completed their Air Force" mile.

In addition to celebrating the Air Force birthday, the relay run help strengthen teamwork and enhance esprit de corps and motivation among the cadets.

At the mid-way mark of the relay run, the cadet wing joined the cadet wing commander, Cadet Colonel Edwin Colon in a formation run. Flanked by the cadet wing guidon and POW/MIA flag, he completed mile 31 and handed the baton to the next runner. The scene was repeated during the last mile as the cadet wing finished the 62nd and final mile together.

A torrential downpour that lasted over 30 minutes did not deter the cadets, who continued the run in the rain and completed the 62 miles in 8 hours 37 minutes, under their goal of 9 hours. "I was proud to see the cadet's commitment to the group goal of running 62 miles. Individuals committed to the group effort is what the Air Force is all about, I can't imagine a better way to celebrate our heritage" said Capt. Israel Figueroa Det 755 Com-



Cadets and cadre continued their run despite a torrential downpour that lasted 30 minutes.



Photos by Cadet Third Class Anthony Oyola

Cadet Third Class Charlie Perez, Cadet Colonel Edwin Colon and Cadet Colonel Josiah Gonzalez leading the cadet wing formation as they complete the mid way point of the 62 mile run.

mandant of Cadets.

After the run, the birthday celebration continued with a barbeque and cake cutting celebration. According to Cadet Colon "The Air Force Birthday run was an outstanding activity full of motivation and participation from the entire AFROTC Detachment 755 Cadet Wing. During the run there was a tremendous display of teamwork and motivation by everyone involved."



Cadet Third Class Charlie Perez, Cadet Colonel Edwin Colon and Cadet Colonel Josiah Gonzalez complete the 31st mile of AFROTC Detachment 755's 62 mile Air Force Birthday Run.

others watching. Men gave their wives a rose. The lights were dimmed as Chaplain Eric Miletti led the couples through a romantic and sacred rededication of their wedding vows. The cameras were flashing and the tears were flowing in celebration.

On Sunday the families enjoyed an excellent breakfast buffet and had the option to attend a religious service.

The last lectures and workshops of the retreat included couples and their children at the same time.

There were more than one hundred people who attended this weekend retreat.

One woman who attended stated, "This was the best event of this type I have ever attended. All the chaplain staff worked together very well. The teamwork was seam-

Chaplain assistant Master Sgt. Jose Canales remarked, "Overall I believe this was a great event. We accomplished our mission to show the Wounded Warriors that we care for them and we provided them God focused skills to assist them in their family relationships. The feedback from the soldiers and their families was excellent." Canales continued, "It was a joy to see married coupes embracing in tears of joy with their children hugging them at the same time. It was a lot of work but it was very rewarding.'





From Page 2

Chap. (Lt. Col.) Ken Lawson (left) counsels with a couple at the Strong Bonds event. Chap. (Capt.) Eric Miletti gives a Strong Bonds lecture while interested couples listen and interact.

New ASU items available at Buchanan Military Clothing Sales

AAFES Public Affairs

AAFES is pleased to inform you that Military Clothing Sales Manager, Lillian Pena, and her staff have been working hard to stock the store with some of the newest Army Service Uniform items that have arrived recently.

Specifically, she has been able to obtain the following Combat Service Identification Badge badges

- 101 Airborne Division.25th Infantry Division.
- 172d Infantry Brigade Combat Team
- 3d Infantry Division.
- 18th Airborne Corps.
- 1st Cavalry Division.
- 1st Infantry Division. 2nd Infantry Division.

The new CSIB insignias are designed and developed by the Institute of Heraldry and are distributed when completed. The plan to produce the entire inventory of CSIBs may take several years, up to and including, the mandatory wear date of October 2014.

Other ASU items in stock are the Army Blue Coat and Trousers (with belt loops), skirts/slacks (female),

short and long sleeve white shirts, four-in-hand necktie (male) neck tab (female), black shoes, belts, and other accessories authorized for wear on the Class A ASU, such as



badges, and other accouterments worn with the uniform.

Additionally, in addition to the ASU items, the store is stocked with a full complement of Physical Fitness uniforms, reflective belts, Army Combat Uniforms (all sizes), boots, running shoes, and the hard-to-keep-in-stock black beret.

The store looks great and I'm sure you'll be pleased with the hard work they are doing for you each and every day to keep you and your Soldiers looking sharp.

In the unlikely event you don't see the item you need, the staff can special order the item for you or obtain it from another Clothing Sales store.

From Page 1

Army

systems that, despite high intentions and constant effort, continue to fall short of the level of support they so richly deserve and each and every one of us so deeply desire.'

As Secretary, McHugh will draw on his years of previous experience as the ranking member of the House Armed Services Committee (HASC) which oversees the policies and programs for the Department of Defense and each of the Armed Forces.

Prior to becoming the ranking member of the HASC, Mr. McHugh served as the ranking member of the HASC Military Personnel Subcommittee and previously as its chairman for six years.

In addition, at the time of his nomination, McHugh was co-chair of the House Army Caucus, a bipartisan organization that works to educate fellow House members and their staffs about Army issues and programs, and a 14-year member of the United States Military Academy Board of

Secretary McHugh was born in Watertown, New York, where he began his public service career in 1971 as the Confidential Assistant to the City Manager.

In 1976, he joined the staff of New York State Senator H. Douglas Barclay, with whom he served as chief of research and liaison with local governments for nine years.

Succeeding Senator Barclay in 1984, McHugh served four terms in the legislature's upper house before his election to the U.S. House of Representatives in 1992.

McHugh received a bachelor's degree in Political Sci-

ence from Utica College of Syracuse University in 1970, and earned a Master's Degree in Public Administration from the State University of New York's Nelson A. Rock-



John McHugh is sworn-in as the 21st Secretary of the Army during a Pentagon ceremony, Sept. 21, 2009. Joyce Morrow, Administrative Assistant to the Secretary of the Army, administers the oath of office as Anne LeMay, Special Assistant to the Secretary of the Army, holds the Bible.

efeller Graduate School of Public Affairs in 1977.

In his concluding statement July 30, McHugh stated that he was inspired by the wounded warriors he'd met. "I have been so struck how these heroes, facing pain and loss and uncertainty, ask one question: 'What else can I do to

He continued, "We can ask no less of ourselves."

ous Unit Award, Valorous Unit Award, Meritorious Unit Commendation (Army), Air Force Outstanding Unit Award, Air Force Organizational Excellence Award and Army Superior Unit Award. Army Regulation 670–1 contains information on the temporary and permanent wear of U.S. and foreign unit awards.

b. Appurtenances for wear on unit award emblems are outlined below. (1)

Oak Leaf Cluster. An Oak Leaf Cluster is authorized for wear for each additional award of the Presidential Unit Citation (Army), Joint Meritorious Unit Award, Valorous Unit Award, Meritorious Unit Commendation (Army), Air Force Outstanding Unit Award, Air Force Organizational Excellence Award, and the Army Superior Unit Award.

And from AR 670-1, Notes:

1. A Soldier may wear the unit award permanently if the individual was assigned to, and present for duty with the unit any time during the period cited; or who was attached by competent orders to, and present for duty with the unit during the entire period, or for at least 30 consecutive days of the period cited. When a soldier is permanently awarded a unit award and is subsequently assigned to a unit that has received the same unit award, the soldier will wear the permanent award in lieu of the temporary unit award.

2. A soldier may wear the unit award temporarily if the individual was not present with the unit during the period cited but was subsequently assigned to the unit. Soldiers may wear the unit award only while assigned to the cited

If you wear the award, ensure the award is worn with the laurel leaves of the frame pointing upward. Males wear the award centered and 1/8 inch above the right breast pocket. Females wear the award centered on the right side of the uniform, with the bottom edge 1/2 inch above the top edge of the nameplate.

Until next month, keep Soldiering on!



At no cost to the individual or their organization, all active duty Soldiers.

members of the National Guard Reserves, civilian employees and U.S.M.A. and ROTC Cadets are authorized to access over 1,500 information technology, business skills and interpersonal skills courses,

desktop computer skills, Microsoft operating systems to Human Resources, Management and Leadership as well as foreign languages from any location, around the clock 24 x 7. All you need to do is get an AKO account and register. If you have any questions, call 707-3888 or 3546.

PRimeros in the News

(Left) A group of family and friends gathered for a luncheon at Ramos Hall Sept. 16, 2009 to say good by to the Soldiers of the 166th Regional Support Group deploying to Iraq. The next day they departed from San Juan's International Airport.









210th RSG Soldiers train for Pre-MOB at the garrison



(Above) Not your everyday walk in the park. As part of the Pre-MOB Training, Soldiers of the 210th Regional Support Group tuned up on their IED detection/spotting skills. Spc. Eddie Crespo and Lt. Col. Lizette Brown cautiously walking through a field as they look for booby traps placed by "the enemy." Below Soldiers home in on a possible IED while a group of Soldiers pay close attention to the instructors guidance on the latest techniques in IED spot detection.

Photos Sgt. 1st Class Alfonso Flores



New Yellow Ribbon Office opens for Soldiers in SJ



Sept. 21, 2009 a ribbon cutting ceremony was held at San Juan Diagnostic Medical Center to inaugurate the new facilities of the Office of the Veterans, Soldiers and Families. This office, from the Municipality of San Juan, is the first to partner with the U.S. Army Reserve's 1st MSC Yellow Ribbon Re-Integration program expanding services for Soldiers and their families. From left to right, Puerto Rico State Guard Brig. Gen. Hector Sorrentini; Blanquita Benitez; Senator Lucy Arce and Col.(P) Fernando Fernandez cutting the ribbon officially opening the office. Below is the Yellow Ribbon Team, a group of professionals and volunteers who work day and night to make sure our Soldiers get the support they need.



Photos by Sgt. 1st Class Alfonso Flore



On Sept. 24, 2009, The 1st MSC Civilian Personnel Office conducted an award ceremony and training for all civilian employees assigned to the 1st MSC at the Double Tree Hotel, Santurce. Several employees received awards for time in service and outstanding support. (Left to right) Miguel Isaac, Executive Officer, 1st Mission Support Command, David Sims, USARC Director for Full time Support, Colonel (P) Fernando Fernandez, 1st MSC Commanding Officer, and Juaquin Campos, and his wife Lydia M. Rivera, who received the Department of the Army Superior Civilian Service Award.



Sgt. 1st Class Alfonso Flores

On Sept. 9, 2009 Spc. William Rodriguez, 273rd MCT, Afghanistan, married Nilka S. Vega Vazquez at the Fort Buchanan Chapel. Rodriguez was enjoying 15 days of R&R and decided he wasn't letting this one slip by. The wedding was coordinated by Ivelisse Garcia from the Family Readiness Program. The newlyweds were blessed by Fort Buchanan Chap. (Capt.) Eric Milleti.







Jimenez takes command of the 210th RSG



Lt. Col.(P) Osvaldo Jimenez assumed command of the 210th Regional Support Group from Col. Hector Lopez. Jimenez accepting the 210th colors from Col.(P) Fernando Fernandez, commanding officer, 1st Mission Support Command. (Left to right) Jimenez, Fernandez and Lopez perform a Pass and Review of the 210th. Lopez continues on to a new command at Fort Bragg, N.C.



Photos Sgt. 1st Class Alfonso Flore

394th QM Bn. renamed to 77th Combat Sustainment Brigade





Photos Sgt. 1st Class Alfonso Flores

On Sept. 30, 2009 the colors for the 394th Quartermaster Battalion (Supply & Services) were cased as part of the inactivation of the unit at a ceremony held at Camp Santiago, Salinas. Immediately after the inactivation of the 394th, the colors of the newly activated 77th Combat Sustainment Support Battalion were uncased. The new Battalion, commanded by Lt. Col. Lorenzo Miranda, will continue the command and control of the Army Reserve units assigned to the 1st Mission Support Command that are located in the southwest area of Puerto Rico.